

Young Adult Author Meredith Russo



PHOTOS BY ALEX CLARK, LIFE EDITOR

Meredith Russo, author of YA novel "If I Was Your Girl" spoke at the Craighead County Jonesboro Public Library Tuesday evening. She shared her journey as a writer and insight into the craft of writing, as well as answering questions from the audience, many of who thanked her for simply being in Jonesboro, and sharing personal aspects of her life. At the end of her talk, she received a standing ovation before sitting down to meet people and sign their copies of her novels.

THIS WEEK'S POP PICK

MADISON GARRETT, STAFF WRITER



PICTURE COURTESY OF IMDB

"Zombieland 2: Double Tap"

Looking for a fun, comedic horror film to watch this Halloween season? Then go see "Zombieland 2: Double Tap!" Ten years after the first "Zombieland" film took place, "Zombieland 2: Double Tap" takes you back to the original zombie killing gang featuring some new characters in an apocalyptic world where a zombie outbreak has taken over. Putting a comedic spin on the classic zombie film genre, "Zombieland 2: Double Tap" is surely a fun time for anyone who goes to see it. The film stars Woody Harrelson, Jesse Eisenberg, Emma Roberts and Abigail Breslin reprising their original roles as Tallahassee, Columbia, Wichita and Little Rock.

STUDYING WHEN SICK

How to College

ALEX CLARK

LIFE EDITOR

In college, getting sick is inevitable. You're exposed to everyone's germs everyday, and when other people are coming to class sick it's no doubt that at least someone will catch what they have.

PREVENTATIVE MEASURES

There are some ways to avoid getting sick. An easy one is to get your flu shot as early as possible. Places such as Kroger and Walgreens offer free flu shots, and college campuses often hold flu shot clinics where you can receive a vaccination for free.

Otherwise, there are other simple preventative measures to avoid getting sick: wash your hands frequently, do not spend time with people that are sick, get as much rest as you need to, make sure you dress appropriately for the weather, dry your hair before leaving your residence and consider wearing a surgical mask. Surgical masks may look silly, but they'll protect you from germs and can be purchased at Wal-Mart, Walgreens, Target or CVS.

I'M SICK, NOW WHAT?

It's hard to consciously remember to take all of these preventative measures all the time. There's so much going on, you're staying up so late studying that you're only getting three hours of sleep, but now you're sick and you can't afford to miss class or cut back on the work you're doing.

Contacting your professors is a good first step to take. If you must miss class, let them know because they're a lot more human and understanding than you realize. This way you're more likely to be allowed to make up points.

If you absolutely cannot miss class for some reason, push a few things aside to get some extra rest and go back to the surgical mask idea. These things will help so that you have a bit more energy and spread less germs.

You need to at least try to fight it off. Be it some natural remedy you swear by or simply taking generic cold medicine every few hours to alleviate symptoms. Some common remedies people use to alleviate symptoms and fight off the illness are drinking plenty of water (though this should be done at all times), drinking and eating things with more vitamin C in them, and gargling salt water to alleviate a sore throat are common.

HOROSCOPES

ALEX CLARK

MYSTIC CORRESPONDENT

ARIES (March 22 - April 19) Be smart with your decisions, especially financial ones. Make sure you're doing things you really want to do and things that will benefit you.

LEO (July 23 - Aug. 22) The things that you are facing are not as bad as you are making them. Do not allow anxiety to take over every aspect of your life, you can handle this.

SAGITTARIUS (Nov. 22 - Dec. 21) You have the ability to be calm in the face of a hard situation. Do not act on your emotions in the moment.

TAURUS (April 20 - May 20) Big changes can be scary, but not always bad. Stay open-minded and be willing to adjust to new things in your life.

VIRGO (Aug. 23 - Sept. 22) Look at things realistically. Listen to constructive criticism and adjust your approach to things.

CAPRICORN (Dec. 22 - Jan. 19) You are feeling content and looking at things from a new perspective. Your mind is clear and focused on your happiness.

GEMINI (May 21 - June 20) You should be proud of your achievements, especially those that others helped you achieve. Celebrate the support system you have.

LIBRA (Sept. 23 - Oct. 22) Work steadily toward things rather than rushing them. You have high chances of success as long as you approach things sensibly.

AQUARIUS (Jan. 20 - Feb. 18) Leaving people and situations is not easy, but often necessary. Let go of toxic people that may have been part of your life.

CANCER (June 21 - July 22) You will receive something positive. It could be good news, or simply just extra love from the important people in your life.

SCORPIO (Oct. 23 - Nov. 21) Listen to messages you are receiving. It does not always benefit you to be defiant and ignore things just because they aren't going how you want them to.

PISCES (Feb. 19 - March 21) Think before you speak. Do not get drawn into unnecessary conflicts, as clear communication can always resolve a situation.